DAWN RECIPES

Savvy Americans are eating lighter. They know they can still enjoy their traditional favorites and cut down on calories and fat. As a case in point, here's a new style July 4th picnic.

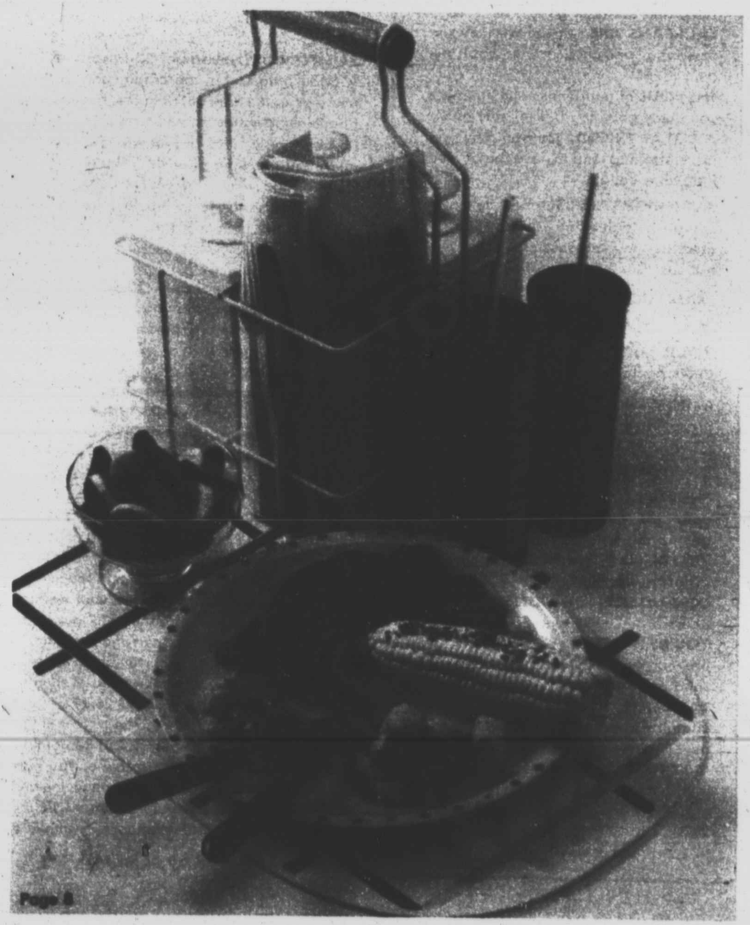
A cup of regular cole slaw with mayonnaise has about 175 calories, our version with a dressing of grapefruit juice, vegetable oil, mustard and caraway seeds is only 100 calories.

A quarter of a three-pound fried chicken carries a 968 calorie tag. Remove the skin, marinate in grapefruit juice and bake to cut the calorie count to 265 calories.

The strategy with hot buttered corn is to use less butter flavor boosted with generous amounts of herbs. Corn slathered in butter would be 195 calories; our less butter version is a slimmed down 121.

Instead of mayonnaise based potato salad (1 cup equals 275 calories), prepare a dressing based on grapefruit juice and low fat yogurt with its flavor heightened with mustard, pepper and leaf basil (1 cup equals 105 calories).

Finish the meal with a red, white and blue fruit compote of strawberries, bananas and blueberries. you'll not only have a Happy July 4th but it will be a healthier one, too.



VEGETABLE COLESLAW
(Makes 8 servings)

1 small head green cabbage, trimmed and finely shredded
2 carrots, peeled and grated
1 small onion, finely chopped
1 red pepper, finely chopped
1 green pepper, finely chopped
2 tablespoons Ocean Spray Grapefuit Juice
⅓ cup vegetable oil
½ teaspoon dry mustard
½ teaspoon caraway seeds
1 clove garlic, chopped

In a large bowl, combine cabbage, carrots, onion, red and green peppers; toss well.

In a jar with a tight fitting lid, combine grapefruit juice, oil, mustard, caraway seeds and garlic; cover; shake until well blended. Pour dressing over vegetables; gently toss.

HERBED OVEN-FRIED CHICKEN
(Makes 4 servings)

1 (3-pound) broiler-fryer chicken, cut into eights
1 cup Ocean Spray Grapefruit Juice
2 teaspoons leaf tarragon, crumbled
2 teaspoons chopped parsley
2 teaspoons leaf rosemary, crumbled
1 cup salt-free dry bread crumbs

Remove skin from chicken; wash and pat dry with paper towels. In a large bowl, marinate chicken in grapefruit juice for 2 hours; turning frequently.

Preheat oven to 350 degrees F. In a plastic bag, combine tarragon, parsley, rosemary and bread crumbs. Toss chicken in seasoned crumbs until well coated. Place in a single layer on a foil-lined baking sheet.
Bake for 1 hour or until done.

HOT BUTTERED HERBED CORN
(Makes 8 servings)

8 ears corn, shucked and cleaned of silk
¼ cup (½stick) butter of margarine, softened
1 tablespoon dried parsley flakes
1 tablespoon chopped chives
½ teaspoon leaf tarragon crumbled
½ teaspoon leaf chervil, crumbled
¼ teaspoon pepper

Clean corn; set aside. In a small bowl combine butter, parsley flakes, chives, tarragon, chervil and pepper; blend well. Spread over corn before grilling in foil over charcoal or after boiling.

(Continued on page 14)

Newport



Alive with pleasure!

SURGEON GENERAL'S WARNING: Cigarette Smoke Contains Carbon Monoxide.